

## WHAT IS CLAIMED IS:

1. A method for improving cardiac function, comprising:  
inserting a tensile member into a patient; and  
inserting said tensile member into the patient's heart so as to compress and close off lower  
portions of both ventricles of the heart.
2. The method defined in claim 1, further comprising anchoring said tensile member to  
opposing myocardial sidewalls.
3. The method defined in claim 2 wherein the anchoring of said tensile member including  
placing a flanged element of said tensile member in contact with myocardial tissues.
4. The method defined in claim 2 wherein said the anchoring of said tensile member  
includes placing a barbed element in contact with myocardial tissues.
5. The method defined in claim 1 wherein said tensile member is a tack, the inserting of  
said tack including ejecting said tack from a tubular member.
6. The method defined in claim 5 wherein the inserting of said tack includes aiming said  
tack at an outer surface of the heart.

7. The method defined in claim 1 wherein the inserting of said tensile member includes passing said tensile member through a trocar sleeve or cannula.

8. The method defined in claim 1 wherein the inserting of said tensile member includes:  
 inserting a catheter into a ventricle of the patient's heart;  
 ejecting said tensile member from said catheter into the patient's myocardium so that said tensile member is anchored to the myocardium; and  
 exerting tension on said tensile member to pull opposing walls of the patient's heart towards one another so as to compress and close off lower portions of both ventricles of the heart.

9. A method for reducing ventricular volume, comprising:  
 inserting a catheter into a ventricle of a patient's heart;  
 deploying a cardiac insert or implant from a leading end of said catheter; and  
 disposing said cardiac insert or implant in the patient's heart to reduce the volume of at least one ventricle of the patient's heart.

10. The method defined in claim 9 wherein said cardiac insert or implant is a tensile member, further comprising attaching said tensile member to the patient's heart, and exerting tension on said tensile member to draw walls of the patient's heart towards one another.

11. The method defined in claim 10 wherein said tensile member is provided with at least one barb at a leading end, the attaching of said tensile member to the patient's heart including embedding said barb in the patient's heart.

12. The method defined in claim 10 wherein said tensile member is one of two tensile members, further comprising attaching the other tensile member to the patient's heart, the exerting of tension on said one of said tensile members including twisting the tensile members about one another.

13. A method for reducing ventricular volume, comprising:  
inserting a medical instrument into a patient;  
deploying a device from a leading end of said instrument; and  
attaching said device to the patient's heart to reduce the volume of at least one ventricle of the patient's heart.

14. The method defined in claim 13 wherein said device is attached to an outer side of the patient's heart in an interpericardial space about the heart.

15. The method defined in claim 14 wherein said device is a compressive device.

16. The method defined in claim 14 wherein said instrument is inserted into the patient through a trocar sleeve or cannula.

17. The method defined in claim 13 wherein said device is attached to the patient's heart inside at least one ventricle of the patient's heart.

18. The method defined in claim 17 wherein said device is a tension device.

Sub B2 19. The method defined in claim 14 wherein said instrument is inserted into the patient through the vascular system of the patient.

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